Health & Well-Being Report Spring 2023-2024

Happen Survey

Through the Happen Survey we identified alongside all teaching staff and our school council the areas that we will be concentrating for improvement this academic year. These areas include but are not limited to: healthy foods, sports, recycling, self-esteem, appearance and the effects of social media.

STF

Health and well-being plays a vital role in all that we do within the STF. We have enjoyed exploring the physical aspect of health & well-being this term by taking part in rebound therapy. We have focused on developing the confidence and motivation to move in different ways and control of our gross motor movements. Some of us have made massive developments and are now accessing rebound therapy which is something that previously we did not have the confidence to do.

We have continued to work on expressing our emotions using various mediums such as Choose it maker, Communication boards and verbal expression. We have also focused on better understanding our emotions and how to cope with these using emotional regulation strategies. Collaborative play has also been an area of focus this term, we have worked on relationship building, turn taking and engaging in joint attention and play alongside one another.

Nursery

Health and Wellbeing underpins everything we do in Nursery. The most important thing to us is that our children are happy and safe. Our class routines support our development like Snack Time, brushing teeth and outdoor play. We have been getting really good at mindfulness breathing and Cosmic Kids Yoga to help us feel relaxed and calm. We learn songs and stories about our feelings to help us express them better when we are cross or upset. We love to get outdoors as this is the best way to improve our physical development. At Snack Time, we like to make and try different foods and we talk about healthy food and why it is so important. We have welcomed lots of new friends to our Afternoon Nursery this term and our newbies have been learning to play in their new class and gain more independence.

Reception

In our Physical Education lessons we have been learning about our bodies and how they move. We had great fun thinking about how we move our bodies to help us regulate during our sensory circuits. We have also spent time working on our ball skills. We have practiced kicking, dribbing, throwing and shooting in football and basket ball.

While preparing for our community café we talked all about foods and hygine. We talked about and learned about different food groups and how to balance having treats and eating healthy foods.

We work on our turn taking and friendships through a range of games and turn taking activities.

Year 1

Throughout the Spring term, our PE sessions has focused around the development of ball skills and circuits, providing students with opportunities for both individual and collaborative learning experiences.
Students have enthusiastically embraced the opportunity to hone their ball skills through partner and group activities, demonstrating a keen interest in learning how to catch and throw effectively. These lessons have also provided a platform for important discussions about the significance of warming up and cooling down, fostering awareness of the importance of maintaining a healthy lifestyle. Through conversations about the heart, blood pressure, and pulse counting, students have gained valuable insights into the importance of physical activity and overall well-being.
The introduction of circuits has proven to be a hit among year 1 pupils, who relish the chance to engage in a variety of activities and rotate through different stations. This approach not only promotes physical fitness but also encourages students to consider how different exercises target different parts of the body.
During playtime, children are encouraged to participate in a range of activities such as football, rugby, running, bean bag races, and catching and throwing games. These inclusive and enjoyable activities not only promote physical fitness but also instil important values such as good sportsmanship and teamwork, fostering a positive and supportive learning environment for all students
Pupils have also enjoyed walking to Caereithin Cross, this opened discussions about why keeping fit is essential to our everyday life.

Year 2

Regular activities for Health and Wellbeing have included weekly check ins where we share our feelings, happy or sad, daily mile exercise every break, Danny Go exercise sessions especially during wet play sessions and Pause Points to help prepare us for the day and during key moments for calmness. We also have regular access to universal provision and calm spaces in class. We also often use breathing videos such as Bubble Bounce and calming music to help us. We also have an Axolotl called Dudu which we take care of, gaining important life skills in caring for living creatures and taking responsibility. We know the impact the ourdoors has on wellbeing. We have a weekly session outside exploring nature and we often have other tasks outside too where possible.
In PE sessions pupils have been improving their ball skills through catching and throwing paying particular attention to the hand eye coordination required to be successful. Pupils also took part in

circuits and folk dancing during welsh week. Pupils often share their likes and dislikes of different things such as hobbies and their favourite foods.
We have looked at team work this term ensuring we take turns in play and when sharing ideas with each other. We have been working on seeking solutions to issues with our peers before speaking to an adult.
We often read books with a moral or a problem. We discuss the actions and also provide solutions to the issues before the ending is revealed. Stories include *The Blue Giant, We are all Different, Marmalade* and *Gelert.*
Safer Internet Day – The children discussed ways to keep safe when using the internet as part of 'Safer Internet Day'. They looked at different reasons they use the internet and what they could do to keep safe including identifying who their trusted adults were. They even learnt a song to sing to remind them to ask a grown up.

Year 3

Year 3 have engaged in a number of Heath and Well-being activities daily such as PausePoint to prepare us for lessons, daily mile before break and regular check ins every week. During our Cynefin topic children enjoyed visiting Penllergaer woods and enjoyed taking part in a number of activities in this natural environment.
Children were lucky to have visitors to the school teaching them the importance of working as a team and completing a number of tasks one being where the children had to work as a team to get across the hall without touching the ground.
During the Spring term, one of the focuses within the Health and Well-being AOLE has been circuits. The children started off by learning about what a circuit is and how we can exercise different parts of our bodies during a circuit session. The sessions started with the pupils following basic circuits with three to four different elements. The children learnt the etiquette of working in circuits with the other children in the class, as well as learning to work safely in pairs and small groups during the circuits. As the weeks progressed the children had an excellent understanding of circuits and began suggesting different elements to add to their circuits. The children also learnt the basic explanation of heart rate and the importance of physical exercise for their health and well-being.

Year 5

This term the school topic was 'Cynefin'. Our class took the opportunity to delve into Penlan Rugby Club, taking the chance to focus our Health & Wellbeing Physical Education on rugby. The children in Year 5 have developed their throwing and catching skills playing rugby games. The class are beginning to talk confidently about what they have done and make suggestions about how to improve performance. Pupils looked at the benefits of sport for your health, physically and mentally and also looked at inclusion in sport and society. The class loved seeing how a rugby club is more than just rugby with research and discussions on how the club effects the community through helping young people and charity work.

Year 5 have enjoyed multiple locality walks to the rugby club and Raven hill with a focus om mindfulness and wellbeing.
This term the class have looked at healthy eating and nutrition. When looking at making healthy choices, pupils enjoyed making fruit Kababs using bananas, strawberries, grapes and raspberries.
Pupils have also learnt about body tension and posture within dance, taking part in Dawnsio Gwerin during Welsh week. Pupils learnt how to folk dance, developing their dancing skills!
Our pupils were fortunate to welcome PC Craig into school, who delivered a workshop on cyberbullying. PC Craig spoke to the pupils about the pressures of social media and staying safe online. Children have taken part in a range of online safety activities, to solve problems that they may encounter in their time online.
The class check in and discussion sessions to support their emotional development regularly. Every Monday morning the class have breakfast together, taking time to discuss feeling and check in on one another.

<u>Year 6</u>

During the Spring term Y6 enjoyed a six-week session with, Rhian Howells, the Education and Engagement Lead the Children's Legal Centre, Wales. As part of her work, she created a drama-based activity to help promote children's rights through a Children's Rights Approach. The project aimed to develop children's knowledge of the UNCRC and empower children to share their knowledge to help others. The sessions included drama based activity exploring emotions and introducing children's rights., sharing drama work with the class and reflecting., introducing *Empowering Children Project.* Children to plan how to share what they have learnt with the wider school/ parents.